

Regio A zomerkampioenschappen  
Drachten, 18- - 26-5-2019

Programmanr. 32  
26-5-2019 - 11:00

Heren, 400m wisselslag

Junioren 1 en ouder  
Resultaten

rang naam	vereniging	intijd	tijd	RT	100m	200m	300m	400m
<b>Junioren 1</b>								
1. Senna Hof	Dz&Pc	5:17.10	200600761	<b>5:23.29</b> +0,85	1:16.02	2:38.95	4:09.81	5:23.29
50m: 32.80	32.80	150m: 1:58.47	42.45	250m: 3:23.47	44.52	350m: 4:46.44	36.63	
100m: 1:16.02	43.22	200m: 2:38.95	40.48	300m: 4:09.81	46.34	400m: 5:23.29	36.85	
2. Olivier Wilbers	ZPC Hoogeveen	5:40.64	200600181	<b>5:38.65</b> +0,77	1:24.62	2:46.78	4:25.65	5:38.65
50m: 38.62	38.62	150m: 2:05.82	41.20	250m: 3:36.58	49.80	350m: 5:02.43	36.78	
100m: 1:24.62	46.00	200m: 2:46.78	40.96	300m: 4:25.65	49.07	400m: 5:38.65	36.22	
3. Jip Bakker	Orca 1	5:43.59	200600287	<b>5:46.50</b>		2:59.18	4:31.60	5:46.50
50m:		150m: 2:13.79		250m: 3:45.01	45.83	350m: 5:10.11	38.51	
100m:		200m: 2:59.18	45.39	300m: 4:31.60	46.59	400m: 5:46.50	36.39	
4. Cai Mink	ZPC Hoogeveen	6:06.99	200601683	<b>5:52.87</b>	1:22.69	2:53.20	4:33.24	5:52.87
50m: 37.74	37.74	150m: 2:07.98	45.29	250m: 3:42.94	49.74	350m: 5:13.70	40.46	
100m: 1:22.69	44.95	200m: 2:53.20	45.22	300m: 4:33.24	50.30	400m: 5:52.87	39.17	
<b>Junioren 2</b>								
1. Domingo Kuipers	Orca 1	5:12.52	200501787	<b>5:16.57</b> +0,67	1:12.43	2:33.61	4:07.10	5:16.57
50m: 33.01	33.01	150m: 1:53.94	41.51	250m: 3:19.57	45.96	350m: 4:42.27	35.17	
100m: 1:12.43	39.42	200m: 2:33.61	39.67	300m: 4:07.10	47.53	400m: 5:16.57	34.30	
2. Wouter Sies	TriVia	5:25.44	200500369	<b>5:17.49</b> +0,85	1:13.51	2:37.16	4:07.28	5:17.49
50m: 33.57	33.57	150m: 1:55.71	42.20	250m: 3:21.34	44.18	350m: 4:43.18	35.90	
100m: 1:13.51	39.94	200m: 2:37.16	41.45	300m: 4:07.28	45.94	400m: 5:17.49	34.31	
3. Flynn Peeks	ZPC Hoogeveen	5:34.61	200500231	<b>5:31.94</b>	1:18.24	2:40.58	4:16.69	5:31.94
50m: 36.08	36.08	150m: 2:00.03	41.79	250m: 3:29.20	48.62	350m: 4:55.08	38.39	
100m: 1:18.24	42.16	200m: 2:40.58	40.55	300m: 4:16.69	47.49	400m: 5:31.94	36.86	
4. David Wesseling	ZC Polaris	5:41.15	200500251	<b>5:48.91</b> +0,80	1:24.88	2:53.26	4:29.22	5:48.91
50m: 35.99	35.99	150m: 2:09.64	44.76	250m: 3:40.78	47.52	350m: 5:10.18	40.96	
100m: 1:24.88	48.89	200m: 2:53.26	43.62	300m: 4:29.22	48.44	400m: 5:48.91	38.73	
5. Djurre van der Wal	SG FZC54-De Vikings	15:49.07	200500301	<b>5:52.48</b>	1:19.73	2:49.98	4:33.38	5:52.48
50m: 35.92	35.92	150m: 2:04.42	44.69	250m: 3:41.46	51.48	350m: 5:13.24	39.86	
100m: 1:19.73	43.81	200m: 2:49.98	45.56	300m: 4:33.38	51.92	400m: 5:52.48	39.24	
6. Eise van der Zee	Orca 1	5:44.28	200501437	<b>6:06.13</b> +0,82	1:28.52	2:57.40	4:45.54	6:06.13
50m:		150m:		250m: 3:51.72	54.32	350m: 5:27.03	41.49	
100m: 1:28.52		200m: 2:57.40		300m: 4:45.54	53.82	400m: 6:06.13	39.10	
<b>Junioren 3</b>								
1. Wouter Zijlstra	HZ&PC Heerenveen	5:05.44	200401545	<b>5:13.46</b>	1:12.89	2:34.63	4:01.03	5:13.46
50m: 32.77	32.77	150m: 1:54.38	41.49	250m: 3:17.54	42.91	350m: 4:38.00	36.97	
100m: 1:12.89	40.12	200m: 2:34.63	40.25	300m: 4:01.03	43.49	400m: 5:13.46	35.46	
2. Mac Peeks	ZPC Hoogeveen	5:11.75	200400153	<b>5:13.68</b> +0,75	1:16.54	2:33.66	4:04.52	5:13.68
50m: 34.91	34.91	150m: 1:55.47	38.93	250m: 3:18.41	44.75	350m: 4:39.65	35.13	
100m: 1:16.54	41.63	200m: 2:33.66	38.19	300m: 4:04.52	46.11	400m: 5:13.68	34.03	
3. Meindert Dekkinga	HZ&PC Heerenveen	5:20.24	200400377	<b>5:28.01</b> +0,93	1:13.71	2:33.52	4:14.73	5:28.01
50m: 33.34	33.34	150m: 1:53.36	39.65	250m: 3:23.98	50.46	350m: 4:52.06	37.33	
100m: 1:13.71	40.37	200m: 2:33.52	40.16	300m: 4:14.73	50.75	400m: 5:28.01	35.95	
4. Sander Heinsius	Dz&Pc	5:23.11	200400013	<b>5:33.86</b>	1:19.62	2:46.94	4:18.55	5:33.86
50m: 35.69	35.69	150m: 2:03.70	44.08	250m: 3:32.22	45.28	350m: 4:56.73	38.18	
100m: 1:19.62	43.93	200m: 2:46.94	43.24	300m: 4:18.55	46.33	400m: 5:33.86	37.13	
5. Ruben van Veenen	Zcnf'34	5:21.97	200400425	<b>5:34.64</b> +0,76	1:15.04	2:43.34	4:20.22	5:34.64
50m: 33.83	33.83	150m: 1:59.94	44.90	250m: 3:31.14	47.80	350m: 4:57.43	37.21	
100m: 1:15.04	41.21	200m: 2:43.34	43.40	300m: 4:20.22	49.08	400m: 5:34.64	37.21	
6. Kevin van Gelderen	TriVia	5:43.55	200402325	<b>5:37.59</b>	1:18.11	2:50.14	4:24.89	5:37.59
50m: 36.47	36.47	150m: 2:05.89	47.78	250m: 3:36.79	46.65	350m: 5:02.91	38.02	
100m: 1:18.11	41.64	200m: 2:50.14	44.25	300m: 4:24.89	48.10	400m: 5:37.59	34.68	
7. Quint van Haren	Apexswim	5:36.92	200400215	<b>5:37.80</b> +0,86	1:18.26	2:43.59	4:21.92	5:37.80
50m: 35.02	35.02	150m:		250m: 3:32.57	48.98	350m: 5:00.51	38.59	
100m: 1:18.26	43.24	200m: 2:43.59		300m: 4:21.92	49.35	400m: 5:37.80	37.29	
8. Jesper Boets	ZPC Nova	5:30.70	200400149	<b>5:44.98</b> +0,90		2:54.13	4:25.32	5:44.98
50m: 35.72	35.72	150m: 2:06.98		250m: 3:39.24	45.11	350m: 5:05.97	40.65	
100m:		200m: 2:54.13	47.15	300m: 4:25.32	46.08	400m: 5:44.98	39.01	
9. Vito Kuperus	SG FZC54-De Vikings	15:32.67	200401389	<b>5:45.02</b>	1:13.95	2:42.98	4:21.52	5:45.02
50m: 33.37	33.37	150m: 1:58.15	44.20	250m: 3:31.77	48.79	350m: 5:04.90	43.38	
100m: 1:13.95	40.58	200m: 2:42.98	44.83	300m: 4:21.52	49.75	400m: 5:45.02	40.12	

Regio A zomerkampioenschappen  
Drachten, 18- - 26-5-2019

Programmanr. 32, Heren, 400m wisselslag

Junioren 4

1. Frederik Adema	de Granaet		4:57.70	200300253	<b>5:11.70</b>	+0,85	1:09.81	2:29.90	3:59.50	5:11.70	
50m:	31.75	31.75	150m:	1:49.49	39.68	250m:	3:13.75	43.85	350m:	4:36.23	36.73
100m:	1:09.81	38.06	200m:	2:29.90	40.41	300m:	3:59.50	45.75	400m:	5:11.70	35.47

Jeugd 1 en 2

1. Emile Dost	ZC Borger		4:29.18	200100731	<b>4:46.89</b>	+0,81	1:05.73	2:20.40	3:40.90	4:46.89	
50m:	29.72	29.72	150m:	1:43.75	38.02	250m:	3:00.09	39.69	350m:	4:14.40	33.50
100m:	1:05.73	36.01	200m:	2:20.40	36.65	300m:	3:40.90	40.81	400m:	4:46.89	32.49

2. Owen Peek	ZPC Hoogeveen		4:43.08	200100765	<b>4:52.68</b>		1:10.70	2:22.66	3:48.22	4:52.68	
50m:	33.00	33.00	150m:	1:47.06	36.36	250m:	3:05.15	42.49	350m:	4:21.82	33.60
100m:	1:10.70	37.70	200m:	2:22.66	35.60	300m:	3:48.22	43.07	400m:	4:52.68	30.86

3. David Anthonio	Ksn (Sg)		4:33.54	200102551	<b>4:55.78</b>		1:07.79	2:24.78	3:50.31	4:55.78	
50m:	31.19	31.19	150m:	1:46.56	38.77	250m:	3:06.83	42.05	350m:	4:23.99	33.68
100m:	1:07.79	36.60	200m:	2:24.78	38.22	300m:	3:50.31	43.48	400m:	4:55.78	31.79

4. Coen de Lang	ZPC Hoogeveen		4:45.27	200100067	<b>4:56.45</b>		1:11.30	2:23.77	3:50.20	4:56.45	
50m:	33.03	33.03	150m:	1:47.08	35.78	250m:	3:06.54	42.77	350m:	4:24.03	33.83
100m:	1:11.30	38.27	200m:	2:23.77	36.69	300m:	3:50.20	43.66	400m:	4:56.45	32.42

5. Makai van Haren	Apexswim		5:00.67	200200627	<b>5:10.34</b>	+0,83	1:10.46	2:27.45	4:03.48	5:10.34	
50m:	31.79	31.79	150m:	1:49.11	38.65	250m:	3:15.62	48.17	350m:	4:37.55	34.07
100m:	1:10.46	38.67	200m:	2:27.45	38.34	300m:	4:03.48	47.86	400m:	5:10.34	32.79

6. Yoram van der Tuin	SG FZC54-De Vikings	15:14.88	200202439		<b>5:21.19</b>		1:08.99	2:31.67	4:07.16	5:21.19	
50m:	31.98	31.98	150m:	1:51.13	42.14	250m:	3:18.89	47.22	350m:	4:45.44	38.28
100m:	1:08.99	37.01	200m:	2:31.67	40.54	300m:	4:07.16	48.27	400m:	5:21.19	35.75

7. Quinten Stuu	Aqua 68 1		5:14.18	200203239	<b>5:36.87</b>		1:13.58	2:40.75	4:18.69	5:36.87	
50m:	33.05	33.05	150m:	1:57.67	44.09	250m:	3:30.84	50.09	350m:	4:57.96	39.27
100m:	1:13.58	40.53	200m:	2:40.75	43.08	300m:	4:18.69	47.85	400m:	5:36.87	38.91

NG Marcel Delfstra	Wetterwille		4:42.20	200100037						
--------------------	-------------	--	---------	-----------	--	--	--	--	--	--

Senioren 1 en ouder

1. Rowan Keen	ZC Borger		4:25.94	199500727	<b>4:41.58</b>	+0,81	1:05.76	2:17.74	3:38.04	4:41.58	
50m:	30.12	30.12	150m:	1:42.14	36.38	250m:	2:57.42	39.68	350m:	4:10.21	32.17
100m:	1:05.76	35.64	200m:	2:17.74	35.60	300m:	3:38.04	40.62	400m:	4:41.58	31.37

2. David Kuipers	Orca 1		4:37.87	200003633	<b>4:48.60</b>	+0,79	1:02.70	2:16.88	3:45.46	4:48.60	
50m:	29.29	29.29	150m:	1:40.34	37.64	250m:	3:01.25	44.37	350m:	4:17.59	32.13
100m:	1:02.70	33.41	200m:	2:16.88	36.54	300m:	3:45.46	44.21	400m:	4:48.60	31.01

3. Sjoerd de Jong	Avena		5:01.77	199903907	<b>5:08.68</b>	+0,85	1:07.57	2:28.10	3:57.46	5:08.68	
50m:	31.40	31.40	150m:	1:47.35	39.78	250m:	3:11.84	43.74	350m:	4:33.71	36.25
100m:	1:07.57	36.17	200m:	2:28.10	40.75	300m:	3:57.46	45.62	400m:	5:08.68	34.97